

Brussels Sprouts Chips



SEASON: **WINTER**

MAKES: **3/4 CUPS**

You will need: Parchment paper

INGREDIENTS

Note: Use organics whenever possible.

1 pound large Brussels sprouts

1 tablespoon olive oil

$\frac{3}{4}$ teaspoon kosher salt

1 lime, cut in half

PREPARATION

1. Preheat oven to 350°F.
2. Line baking sheet with parchment.
3. Trim $\frac{3}{4}$ inch off the ends of sprouts, where they attach to the stalk.
4. Pull off the outer leaves and rinse sprouts well in a bowl of water. Remove additional leaves as necessary to remove dirt from interior leaves. Dry thoroughly.
5. Peel the remaining leaves, making sure to keep them whole, and place into small mixing bowl.
6. Peel from the bottom of the sprout. When you reach the center of the sprout, you won't be able to peel any more leaves; discard the core to the compost.
7. Add the olive oil. With a wooden spoon or clean hands, stir the sprouts with oil to coat well.
8. Arrange the leaves on the prepared baking sheet in one layer. Bake for 10 minutes or until the chips begin to crisp at the edges.
9. Remove from oven. Sprinkle with the salt. Allow to cool for several minutes.

Before serving, squeeze lime juice over the top to taste.